

Minneapolis VA Health Care System Mental Health Resources, May 2016

We offer many services to support Veterans in their recovery. Please talk with your provider about services that might help you. Your VA provider can see more information on the Minneapolis VA Clinical Services Share Point Site. In addition to services on this list, you can use individual therapy or care coordination. Many services are provided in person, and some are provided by “Vtel” (a secure video connection like Skype).

To connect with VA Mental Health, please call Mental Health Intake at 612-467-1921.

In an emergency, call 911. To reach the Veterans Crisis Line call 1-800-273-8255, then press 1.

For Providers: Access the Clinical Services Share Point site by going to the Minneapolis VA intranet home page. At the left, click MVAHCS Share Point, then Clinical Services. Contact Lisa at 612-467-1838 with questions.

Challenge or need	Service	Description	Ask your provider to contact...	Location
Advocacy, service improvement, outreach	Veterans Mental Health Advisory Council	Monthly meeting, give feedback to improve services	Lisa H-K	Hospital Call from anywhere
Anger	Anger Management Group	8 group sessions, once per week, closed group (start & end w/same people)	Laura G	Hospital
Anger	Anger Coping Skills	1x/week, 6-10 sessions, closed group (start & end w/same people)	Chris C Melony S	Mankato Rochester Twin Ports

Challenge or need	Service	Description	Ask your provider to contact...	Location
Anxiety	Coping skills for PTSD and anxiety	5 session group, weekly, drop in	Gina R	Twin Ports
Anxiety	Anxiety Intervention Clinic	Short term individual therapy	Lisa P	Vtel to clinics
Anxiety or depression	ACT: Acceptance & Commitment Therapy	10 session weekly group or short term individual therapy	Ann W Lutz H	Hospital
Any mental health concern	Moving Forward (Problem Solving Therapy)	4 week skills based class, helps with interpersonal effectiveness & problem-solving	Erik A (CRRC), Melony S (Twin Ports)	CRRC Twin Ports
Any mental health concern	Mental Health Home Telehealth	Brief daily responses to individualized health questions	Jane S	Cell, landline & computer based services
Any mental health concern	Mind-Body Skills	10 session group	Beret S	Hospital
Any mental health concern	Mindfulness based stress reduction	8 session group	John R Denise L Brad B	Hospital Maplewood Ramsey
Any mental health concern	Mindfulness based practice	Once monthly practice group	John R Dawn M Chris C	Hospital Mankato Rochester
Any mental health concern	Veterans Yoga Program	Once per week	Provider must place an RT Yoga Consult	Hospital
Any mental health concern	Tai Chi for health	10 session weekly group OR 2x/mo practice group	Julia P (psychologist)	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Any mental health concern	Wellness Recovery Action Planning (WRAP)	10 session group, meets once per week	Lisa H-K	Vtel to clinics
Any mental health concern	Wellness Management & Recovery	6-9 month group, meets 1x/week	Martina R	Hospital Vtel to clinics
Any mental health concern	Client and Family Education (CAFÉ)	1 hour per week (veterans and supporters welcome) , group format	Jeff P Susan R	Hospital Vtel to clinics
Any mental health concern	Coping Skills and Stress Management	8 weekly sessions, closed group (everyone starts at same time)	Rosemary M Tom F	Maplewood Ramsey
Any mental health concern	Coping Skills drop in class	1.25 hours per week, group	Dan S	Albert Lea Mankato Rochester
Any mental health concern	Coping Skills and Stress Management	8 sessions, drop in, once weekly group	Melony S Gina R	Twin Ports
Borderline personality	Dialectical Behavior Therapy (DBT)	6-12 month weekly group + weekly individual therapy + 24 hour phone coaching	Provider must place a DBT Consult	Hospital
Borderline personality	Dialectical Behavior Therapy (DBT)	6-12 month weekly skills training + weekly individual therapy + 24 hour phone coaching	Amber H Brad B Abbie S Karsten B	Maplewood Ramsey Twin Ports

Challenge or need	Service	Description	Ask your provider to contact...	Location
Caregiver support	Resources for families of vet needing high level of care and support, and/or with dementia	Various services available	Cindy E Michael R	Hospital
Chronic pain	Coping with Chronic Pain	Once per month from 9a-3p, group	Primary care or PCMH provider must place consult	Hospital
Chronic pain	Mind-Body Skills	10 session group	Beret S Robin S	Hospital
Chronic pain	Cognitive Behavior Therapy (CBT) for Chronic Pain	8 session group	Carrie B	Hospital Vtel to clinics
Chronic pain	Acceptance & Commitment Therapy (ACT) for Chronic Pain	4 session group	Carrie B	Hospital
Chronic pain	Mindfulness based practice Mindfulness based stress reduction	Once per month group 8 session group	John R John R Denise L Brad B	Hospital Hospital Maplewood Ramsey
Chronic pain	Chronic Pain Rehabilitation Program (CPRP)	4 week inter-disciplinary, At hospital based pain program. (M-F 8a-3:30p)	Primary care provider can submit consult to PMR pain outpatient clinic for CPRP.	Participants may stay in Building 10
Clutter mgmt or Hoarding	Organization skills group	20 weekly group sessions + 2-3 home visits	Jenna R	Hospital Vtel to clinics

Challenge or need	Service	Description	Ask your provider to contact...	Location
Cognitive skills (challenging unhelpful thoughts)	Cognitive Behavioral Social Skills Training	6-12 months, 2x per week, group format	Bridget H	Hospital
Cognitive skills (improving abilities)	Cognitive Rehabilitation, FOCUS	8 session group, meets once weekly for 90 min	Torrii Y	Hospital
Cognitive skills (testing)	Neuropsych testing	Usually 1-3 visits	Provider does MoCA & place Neuropsychology Consult if needed	Hospital All VA clinics
Cognitive skills (using tools, calendars, memory aids)	Speech Language Therapy	Individual treatment, short term	Provider can place a Speech Language Pathology Consult	Hospital
Community participation	Individual skill coaching	Individual community-based skill practice, short-term	Talk with your therapist about working with VBR program staff on goals	Discuss with provider
Crisis care (e.g. suicidal)	Inpatient psychiatry	Hospital care to help you through crisis. Support, groups, medication help, social work, recreation, OT, peer services available.	Mary Jo S Mary G	Hospital
Dementia/ memory loss (patients and family)	Living with Dementia	1x per month for 3 months; for veterans with early dementia and their caregiver	Eric M	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Depression	Depression Management Group (Depression Sucks)	10 week CBT/ACT based group.	Erik A	CRRC
Depression	Depression Education Class	1x per week for 3 weeks, group	Dawn M	Albert Lea Mankato Rochester
Depression	Mindfulness Based Cognitive Therapy for Depression (MBCT)	1x per week for 8 weeks, group	Denise L Brad B	Maplewood Ramsey
Diagnosis (testing)	Assessment Clinic	Usually 1-3 visits, individual	Talk with your provider	Hospital All VA clinics
Dual diagnosis (mental health & substance use)	Dual Diagnosis Group	1x/week for 6-9 months, group format	Jennifer M Martina R	Hospital
Eating disorders	Individual therapy	Ind. therapy for problems with food, body image	Matt K	Hospital Vtel to clinics
Family support & education	Support and Family Education	2x/month, drop in group, attend any session: for supporters/caregivers only	Tasha N	Hospital
Family therapy for mental illness	Behavioral Family Therapy	Family/couple meets with individual therapist weekly or biweekly	Tasha N	Hospital Vtel to clinics
Family therapy for schizophrenia & bipolar disorder	Family psycho-education group	Multi-family group, 2x/month for up to a year	Tasha N	Hospital
Family, couple conflict	Family Therapy Training Clinic	Short term family/couple therapy, 1x/wk (Mar-Aug)	Marianne S Chris E	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Gambling	Gambling counselor	Individual sessions	Roger Anton Office: 612-253-0180 Cell: 612-558-5364	Hospital
Grief and loss	Grief & loss support	8 group sessions, “closed” group—start & end with same people	Amy W Julia P (social worker)	Hospital Mankato Ramsey Rochester
Health-related information	Patient Education Library	Pamphlets, books, computers for vet use	Room 1S-134 at main hospital	Hospital
Homelessness	CRRC Triage Social Workers	Screening, info, help to end homelessness	Walk-in, 9:30-3 Mon-Fri @ CRRC (no referral needed)	CRRC
Homelessness	Front Porch	Screening, info, help to end homelessness	Drop in, 1J clinic, Thursdays, check in 7:30-8a	Hospital
Insomnia	CBT for Insomnia	Brief individual therapy for sleep problems	Erin K Chris C John R	Hospital Vtel to clinics
Insomnia	CBT group for Insomnia	Group education/therapy for sleep problems	Amber H (provider must refer)	Maplewood
Insomnia	Behavioral Mgmt of Insomnia	Single session group offered once per month	Chris C	Mankato Rochester
Intensive case management	MHICM for vets who have been hospitalized frequently	In-home & community based case management services	Sarah B (provider must refer)	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Intensive skill building	Psychiatry Partial Hosp (PPH)	3 weeks, M-F, 8:15-2:30p	Provider must place PPH consult	Participants may stay in Building 10
Interpersonal difficulties (getting along w/others)	Time Limited Dynamic Psychotherapy	Short term individual therapy	Ann W	Hospital
Interpersonal or emotion challenges	Balancing group	Once weekly for about 6 months, group	Crystal T (provider must talk w/her)	Hospital
Job-related services	Therapeutic and Supported Employment	Individual services with job counselors	Angela S (provider must place Vocational Rehabilitation consult)	Hospital Vtel to clinics
Legal problems	Moral Reconation	6-12 months, once weekly group	Ariana H	Hospital CRRC Vtel to clinics
MST/Military Sexual Trauma	Education related to experiencing sexual assault or harassment	One-day workshops at hospital, individual therapy at hospital or clinics	Linda V	Hospital All VA clinics
MST/Military Sexual Trauma for men	Education & therapy group for men who've experienced sexual harassment or assault	10 session, 1x/week group for men	Linda V	Hospital
Music	Bell Choir: The Ringing Cavaliers	Once weekly musical performance group	Irene H	Hospital
Nightmares	Individual treatment	up to 3 individual sessions	Erin K, Chris C, Dawn M, Grant B	Hospital Vtel to clinics

Challenge or need	Service	Description	Ask your provider to contact...	Location
Overweight, obesity	Mindfulness based practice Mindfulness based stress reduction	Once monthly group 8 week group	John R John R Denise L Brad B	Hospital Hospital Maplewood Ramsey
Parenting skills	After Deployment: Adaptive Parenting Tools group (ADAPT)	14 groups, in evenings	Stephanie F Brianna L	Hospital
Peer Support	Peer Support group	Once per week, drop in	Iden H	Hospital Vtel to clinics
Post traumatic stress & borderline personality	Journeys intensive outpatient program	12 week intensive outpatient program, 5 days per week, group & individual therapy	Laura M (provider completes application)	Participants may stay in Building 10
Post traumatic stress (PTSD)	Time-limited, evidence-based therapies	About 12 weeks of individual therapy	Provider must send Cognitive Processing/Prolonged Exposure Consult	Hospital Vtel to clinics Mankato Rochester
Post traumatic stress (PTSD)	Time-limited, evidence-based therapies	Cognitive processing group Couples therapy	Melony S	Twin Ports
Post traumatic stress (PTSD)	Coping skills for PTSD and anxiety	5 session group, weekly, drop in	Gina R	Twin Ports

Challenge or need	Service	Description	Ask your provider to contact...	Location
Recovery from serious mental illness	Veterans Bridge to Recovery	Twice per week, groups and activities (3-5 hours per day)	Provider must place VBR consult	CRRC
Retirement	Healthy Retirement Class	8 session group, weekly	Tom F	Ramsey
Sharing resources	Community integration	Once weekly, drop in	Daniel C	Hospital
Smoking cessation	Smoking cessation group	8 weeks, once per week	Bridget H	Hospital All VA clinics
Smoking cessation	Commit to Quit group	First Thursday of each month, check in by 10:55 at 1P-170	Kathy S Drop in (no referral needed)	Hospital
Social & community participation	Community Activity Group	Once per week for 6-8 weeks	Ben F	CRRC
Social and skill building	Vets Drumming Group	Once per month (Vets and supporters welcome)	Kathryn L	Hospital
Social skills	Social Strategies	Two group meetings per week for 3-4 months	Tasha N	Hospital
Social skills	Social Skills Training	Two group meetings per week for 12 weeks	Bridget H	Hospital
Substance use treatment	Intensive Outpatient Program	4 weeks, 3 days per week Group format	Weekly drop-in screening 1J-127 every Friday 9:00a	Hospital
Substance use treatment	Relapse Prevention	2x/week for 3 weeks, group format	Weekly drop-in screening 1J-127 every Friday 9:00a	Hospital
Substance use (Alcohol/drugs)	ARS Saturday Group	Once per week, 8-10 weeks	Weekly drop-in screen 1J-127 every Fri 9:00a	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Substance use (Alcohol or other drugs) recovery	Alcoholics Anonymous groups at VA	Drop in	No referral needed Mon-Th 6p, Sun 9a room 1H-106 Weds 2p @ CRRC 1201 Harmon	Hospital
Substance use recovery	Narcotics Anonymous	Twice per week, group	Drop in Friday 6:30p 1H-106 Saturday 6:30p 1H-106	Hospital
Support & life skills for vets with serious mental illness	Life Management Group	Once per week	David S Renee O	Twin Ports
Substance use (Alcohol or other drugs)	Mind-Body Skills	10 week group class	Robin S Susan S	Hospital
Substance use (Alcohol or other drugs)	SMART recovery	Drop in, 2 groups per week	Iden H	Hospital Vtel to clinics
Substance use Aftercare (Alcohol or other drugs)	Facilitated groups to enhance support & skills for sobriety	Weekly for 12 weeks, for vets who have completed primary SUD treatment	Ask provider to place ARS consult	Hospital
Substance use (opiate addiction)	Facilitated group to enhance support & skills for sobriety	Drop in group once per week, only for vets who use prescribed buprenorphine	Scott M	Hospital

Challenge or need	Service	Description	Ask your provider to contact...	Location
Transgender/gender identity	Transgender support group	Once per week	Elyse B Jennifer R	Hospital Vtel to clinics
Trauma	Trauma Education	One day workshop	Emily V	Hospital
Vocational Rehabilitation	Therapeutic and Supported Employment Services	Variety of job-related services	Angela S (provider should place Vocational Rehabilitation Consult)	Hospital Vtel to clinics
Voice Hearers	Coping with Voices	Weekly for 10 weeks, group	Martina R	Hospital Vtel to clinics
Young transgender adults	Young Adult Transgender group	1x per month, evenings	Elyse B Jennifer R	Hospital Vtel to clinics

More options may be available within specific programs. Please ask your providers for more information.

Veterans who are also VA employees may access additional resources through Occupational Health, Human Resources, Employee Assistance Program—www.sandcreekeap.com, 651-430-3383, their union, or the Health Professional Services Program through the State of MN (651) 643-2120.